

SEIZURE FIRST AID

Keep calm and reassure others nearby

Clear the area around the person of anything hard or sharp

Ease the person to the floor and put something soft and flat under the head

Remove eyeglasses and loosen anything around the neck that may impact breathing

Time the seizure; call 911 if it lasts longer than 5 minutes

Do not hold the person down or try to stop movements

DO NOT place anything in the person's mouth

Turn the person onto their side to help keep the airway clear

Do not attempt artificial respirations unless the person does not start breathing again when the seizure stops

References

American Academy of Neurology
World Health Organization
Mayoclinic.org



**PLEASE CALL 911
IF YOU OR SOMEONE
YOU KNOW
EXPERIENCES A
SEIZURE LONGER
THAN 5 MINUTES
WITHOUT SIGNS OF
SLOWING DOWN,
ANOTHER SEIZURE
IMMEDIATELY AFTER
THE FIRST ONE,
OR REMAINS
UNCONSCIOUS**



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EPILEPSY



SLBMC

NEUROLOGY SERVICE



TREATMENT

Your doctor will prescribe an anti-epileptic medication or more than one based on your diagnosis, frequency of seizures, and medical history.

Most widely used medications include:

- Keppra
- Valproic acid
- Tegretol
- Lamotrigine
- Phenobarbital

Anti-seizure medications have side effects which may include:

- Weight gain
- Dizziness
- Skin rashes
- Mood changes
- Drowsiness
- Nausea

It is crucial to take your recommended medications to control your seizures and avoid a situation that is dangerous for you and others.

CLASSIFICATION OF EPILEPSY

Focal Seizures

- **Focal seizures without loss of consciousness**
- **Focal seizures with loss of consciousness**

Generalized seizures

- **Tonic seizures** are characterized by stiffening of muscles
- **Atonic seizures** are characterized by a loss of muscle control and a sudden collapse
- **Clonic seizures** are characterized by repeated jerking muscle movements
- **Tonic-clonic seizures** is the most dramatic type and can cause loss of consciousness, body stiffening and then shaking. There may be urinary incontinence or biting of tongue
- **Myoclonic seizures** are sudden brief jerks or twitches of arms or legs
- **Absence seizures** occur in children and characterized by staring into space and brief loss of awareness

WHAT ARE THE CAUSES OF EPILEPSY?

Common Causes:

- Family history
- Head trauma
- Tumour
- Infectious diseases such as meningitis
- Developmental disorders

Seizure triggers include:

- Alcohol consumption
- Lack of sleep
- Stress
- Flickering or flashing lights

